

Books for Parenting, ADHD, and Emotional Growth

*Tip – To view a resource without leaving this page, **right-click on the link and select 'Open in New Tab.'***

★ Books That Ground My Parenting Approach

[The Essential Guide to Raising Complex Kids with ADHD, Anxiety and More](#)

[Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids](#)

[Brain-Body Parenting: How to Stop Managing Behavior and Start Raising Joyful, Resilient Kids](#)

[The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired](#)

[The Highly Sensitive Child: Helping our Children Thrive when the World Overwhelms Them](#)

[Calm the Chaos](#)

[Good Inside - Dr. Becky Kennedy](#)

[The Highly Sensitive: How to Find Inner Peace, Develop Your Gifts and Thrive](#)

[Beyond Behaviors Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges](#)

★ Books Specifically Focused on ADHD

[8 Keys to Parenting Children with ADHD](#)

[Taking Charge of ADHD The Complete Authoritative Guide for Parents](#)

[What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life](#)

[Straight Talk about ADHD in Girls: How to Help Your Daughter Thrive](#)

★ Books That Broaden Insight and Deepen Perspective

[The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness](#)

[Quiet: The Power of Introverts in a World That Can't Stop Talking](#)

[Permission to Feel: The Power of Emotional Intelligence to Achieve Well-Being and Success](#)

[Self-Compassion: The Proven Power of Being Kind to Yourself](#)

[Essentialism: The Disciplined Pursuit of Less](#)

[The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children](#)